



Steamed Lobster with Parsley Emulsion

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



280 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup cooking wine dry white
- ☐ 1 cup flat-leaf parsley fresh chopped
- ☐ 3 pound maine lobsters
- ☐ 1 tablespoon salt
- ☐ 0.3 cup shallots finely chopped
- ☐ 4 cups water
- ☐ 2 tablespoons whipping cream

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ pot
- ☐ sieve
- ☐ blender
- ☐ kitchen scissors

Directions

- ☐ Bring 4 cups water and 1 tablespoon salt to a boil in a 5-gallon stockpot.
- ☐ Place a vegetable steamer or rack in bottom of pan.
- ☐ Add lobsters; cover and cook 14 minutes or until done.
- ☐ Remove lobsters from pan; reserve 1/2 cup cooking liquid.
- ☐ Twist tail from body.
- ☐ Cut tail lengthwise on top with scissors to split open; remove meat from tail.
- ☐ Remove dark green tomalley from head; set aside.
- ☐ Break claws from head. Pull pincers apart; remove lower pincer. Hack into shell, cutting through, but not all the way through, claw. Break pieces apart; remove meat from claws. Repeat procedure with other lobster.
- ☐ Combine 1/2 cup reserved cooking liquid, wine, and shallots in a small saucepan; bring to a boil. Cover, reduce heat, and simmer 5 minutes.
- ☐ Add cream and tomalley, if desired. Bring to a simmer; remove from heat.
- ☐ Combine cream mixture, parsley, and pepper in a blender; process until smooth. Strain mixture through a sieve into a bowl, and discard solids.
- ☐ Serve with lobster.
- ☐ Note: Pregnant women and people with compromised immune systems should not eat the tomalley because of its toxicity.

Nutrition Facts

PROTEIN 57.31% FAT 27.32% CARBS 15.37%

Properties

Glycemic Index:54.5, Glycemic Load:1.76, Inflammation Score:-10, Nutrition Score:32.912174001984%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 64.64mg, Apigenin: 64.64mg, Apigenin: 64.64mg, Apigenin: 64.64mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 4.46mg, Myricetin: 4.46mg, Myricetin: 4.46mg, Myricetin: 4.46mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 279.61kcal (13.98%), Fat: 7.12g (10.95%), Saturated Fat: 3.84g (24.02%), Carbohydrates: 9.01g (3%), Net Carbohydrates: 7.01g (2.55%), Sugar: 3.6g (4%), Cholesterol: 258.9mg (86.3%), Sodium: 4345.18mg (188.92%), Alcohol: 6.18g (100%), Alcohol %: 0.97% (100%), Protein: 33.6g (67.19%), Vitamin K: 493.37µg (469.87%), Selenium: 122.08µg (174.4%), Copper: 2.73mg (136.32%), Vitamin A: 2757.87IU (55.16%), Vitamin C: 42.36mg (51.34%), Zinc: 7.33mg (48.88%), Vitamin B12: 2.41µg (40.09%), Phosphorus: 361.76mg (36.18%), Vitamin B5: 3.04mg (30.35%), Magnesium: 105.9mg (26.48%), Calcium: 245.13mg (24.51%), Potassium: 706.89mg (20.2%), Folate: 75.95µg (18.99%), Vitamin B6: 0.36mg (18.16%), Vitamin B3: 3.56mg (17.8%), Manganese: 0.35mg (17.61%), Iron: 2.94mg (16.34%), Vitamin E: 2.03mg (13.57%), Fiber: 2g (8%), Vitamin B2: 0.1mg (5.86%), Vitamin B1: 0.09mg (5.86%), Vitamin D: 0.24µg (1.6%)